



Celebrating Seniors Week



Monday, May 16 – Friday, May 20

MONDAY, May 16

Powers of Attorney and Illinois Living Will Declarations

YOU are invited to a FREE presentation by the Center for Disability & Elder Law addressing the legal services available to you at no cost for creating your own powers of attorney for healthcare and property and living will declarations. An attorney from CDEL will explain the importance of the documents, and what seniors should consider when selecting an agent. The Center for Disability & Elder Law is a nonprofit organization dedicated to protecting and advancing the legal rights of low-income senior citizens and persons with disabilities in Cook County since 1984.

11:00 am - 12:00 noon

Aging Care Connections

111 W. Harris, La Grange

Registration required.

Call (708) 354-1323.

Refreshments provided by Aging Care Connections.

Seniors who are interested in executing the documents will be able to meet one-on-one with a volunteer attorney on Friday, May 20 at Aging Care Connections.

Act II Seniors Club – Creative Writing Class

Program assignments range from fact, fiction, or fractured fairy tales. Write memoirs or just have fun!

12:00 – 1:30 pm

AMITA Health La Grange ♦ Adventist La Grange

Memorial Hospital ♦ Cashier's Conference Room

5101 S. Willow Springs Road, La Grange

Registration preferred. Call (630) 856-7525.

Beverages provided.

Use It or Lose It – Minding Your Memory

What is **normal** and abnormal **memory loss**? What can be done to **reduce** the risk of memory loss?

Dan Kuhn, LCSW and author of more than 50 publications, along with his book: "Alzheimer's Early Stage: First Steps for Family, Friends, and Caregivers" will present this relevant, practical, and important information.

1:00 – 2:00 pm

King Bruwaert House

6101 S. County Line Road, Burr Ridge

Registration is required.

To register, call Lisa Graziano (630) 499-6157.

Refreshments will be provided.

TUESDAY, May 17

Cantata Best Life Breakfast Club

Food, Fun & Focus! Enjoy a wonderful breakfast, learn how to proactively take on life's challenges, and just have fun meeting and socializing with neighbors.

9:00 – 10:30 am

The Wye Valley Building on the Cantata Campus

8700 W. 31st Street, Brookfield

Registration is **REQUIRED**. Seats are limited and reserved on a first-call basis.

Call Nancy Vlasak at (708) 485-1155.

Breakfast will be served.

Act II – Blood Pressure Readings

Have your blood pressure taken. No appointment needed.

9:00 – 11:00 am

AMITA Health La Grange ♦ Adventist La Grange

Memorial Hospital ♦ Lobby of the Hospital ♦ 5101 S.

Willow Springs Road, La Grange

Questions? Dorothy Halverson (708) 245-8170.

The Upside of Downsizing

Join this lively discussion of how to prepare your house for today's market and deal with the stuff inside of it, as well as how to find the senior living community that's right for you. Panelists include Sharon Sleezer, Director of Sales/Marketing at Plymouth Place, Roz Byrne, Realtor with ReMax in the Village, and Meredith Morris, owner of Caring Transitions.

10:30 – 11:30 am

Plymouth Place Senior Living ♦ Lower level Card and

Game Room ♦ 315 N. La Grange Road

La Grange Park

Questions? Meredith Morris (630) 853-0992.

Refreshments will be provided.

Ballot Ready

Vote informed on ALL of the issues and candidates.

Aging Well and the La Grange Area League of Woman Voters will be present doing "Ballot Ready" providing one-on-one, non-partisan instruction on how to research the candidates and the issues on the internet.

12:30 - 4:30 pm

Plymouth Place Senior Living ♦ Dole Hall ♦

315 N. La Grange Road, La Grange Park

Questions? Contact Ralph Gutekunst at (708) 354-4296 or rgutekunst@gmail.com

Refreshments will be provided.



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Who's That Knocking on Your Door Part 2: Staying Technologically Safe

A seminar presented by Countryside Police Elderly Services Officer, April Bisignani, about staying safe and preventing fraud in the age of computers.

1:00 – 3:00 pm

Countryside City Hall

5550 East Avenue, Countryside

Questions? Officer April Bisignani

(708) 352-2171.

Refreshments will be provided by the Countryside Aging Well Team.

Act II – Snapshots Camera Club

Topic this month will be "Airplanes." Photographs displayed in the registration lobby were taken by members of the club.

3:00 – 4:00 pm

AMITA Health La Grange ♦ Adventist La Grange

Memorial Hospital ♦ Dixon A Classroom

5101 S. Willow Springs Road, La Grange

Reservations preferred. Call (630) 856-7525.

Beverages provided.

WEDNESDAY, May 18

Bethlehem Woods Resident Art Exhibit with Continental Breakfast

Bethlehem Woods Retirement Community is pleased to present a group exhibition of works featuring artists of our community. Paintings will be on display in the atrium followed by a continental breakfast in the café.

10:00 am – 12 noon

Bethlehem Woods (main entrance)

1571 W. Ogden Avenue, La Grange Park

Registration is appreciated but not required.

To register, call Hannah McCarthy at

(708) 579-3663.

Continental breakfast will be provided.

Walk for Health

Join other walkers at the Park District of La Grange for a brief program, coffee/snacks, and then a few laps around the indoor track.

10:30 am - 12:00 noon

Park District of La Grange

536 East Avenue, La Grange

Questions? Call Jim Matthews (708) 482-4704.

Refreshments provided by the La Grange/La Grange Park Aging Well Team.

Save Time and Money with Estate Planning

Learn about how Estate Planning can help save time, money, and hassles, and about five important Estate Planning documents. This is a free presentation by Rick Snyder, MBA, Waddell & Reed Financial Advisor.

11:00 am – 12 noon

La Grange Pointe ♦ 51 E. Cossitt, La Grange

Free parking in adjacent public garage

Registration is required.

Call Rick Snyder at (630) 954-4611, ext. 156.

Light lunch to follow the presentation.

Fall Prevention and Nutrition for Seniors

Learn about how to prevent falls, the importance of strengthening your balance and the critical role proper nutrition plays in preventing injuries.

1:00 – 2:00 pm

Clarity Physical Therapy & Wellness

814 Hillgrove Avenue, Western Springs

Questions? Craig Mawdsley (630) 244-2665.

Refreshments will be provided.

Act II – Movie Classic

"The Country Girl" will be shown. This 1954 gem stars Bing Crosby, William Holden, and Grace Kelly.

6:00 pm

AMITA Health La Grange ♦ Adventist La Grange

Memorial Hospital ♦ Dixon B Classroom

5101 S. Willow Springs Road, La Grange

Reservations preferred. Call (630) 856-7525.

Old Time Radio and the Great American Songbook

Steve Darnall, host of "Those Were The Days" on WDCB, examines how radio gave songs and singers a national audience. Feature clips by songwriters include Irving Berlin, Cole Porter, Johnny Mercer, and a rare 1934 performance by George Gershwin!

6:30 - 7:30 pm

North Riverside Library

2400 S. Des Plaines Avenue, North Riverside

Registration is preferred.

To register, call Mary Cooper at (708) 447-0869.

Refreshments will be provided.



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THURSDAY, May 19

Cantata Best Life Breakfast Club

Food, Fun & Focus! Enjoy a wonderful breakfast, learn how to proactively take on life's challenges, and just have fun meeting and socializing with neighbors.

9:00 – 10:30 am

The Wye Valley Building on the Cantata Campus ♦ 8700 W. 31st Street, Brookfield

Registration is REQUIRED. Seats are limited and reserved on a first-call basis.

Call Nancy Vlasak at (708) 485-1155.

Breakfast will be served.

Act II – Book Look

Group discussion on favorite biographies that participants have read.

10:00 – 11:00 am

AMITA Health La Grange

Adventist La Grange Memorial Hospital

Cashier's Conference Room

5101 S. Willow Springs Road, La Grange

Reservations preferred. Call (630) 856-7525.

Beverages provided.

Healthy Movements for Aging Well – How to Stay in Shape at Any Age

Demonstrations of Seated Yoga, Seniorcize, Tai Chi, and Meditation will be presented. Join us for all the demonstrations or pick and choose what you would like to learn more about. Attendees can join in if they like.

10:00 – 10:30 am – Seated Yoga with Sue Chilton

10:30–11:00 am – Seniorcize with Karen Magin

11:00–11:30 am – Tai Chi with Thom O'Donnell

11:30–12:00 noon – Meditation with Charlene Vickery

Grand Avenue Community Center ♦ 4211 Grand

Avenue, Western Springs ♦ LOWER LEVEL

Questions? Mike Doepke (630) 323-7231, or Joan

O'Brien (630) 323 4665

Registration is preferred but not required.

To register, call Mic at (708) 246-3299.

Refreshments will be provided.

FRIDAY, May 20

Powers of Attorney and Illinois Living Will Declarations

These individual appointments are a follow up to the presentation that was held on Monday, May 16.

INDIVIDUAL APPOINTMENTS –must have attended Monday's presentation.

10:00 – 12:30 pm

Aging Care Connections

111 W. Harris, La Grange

Reservations required.

Call (708) 354-1323.

Tai Chi and Fruit Smoothies with Mary Avila

You are invited to a morning of Tai Chi and delicious fruit smoothies with well-known exercise expert Mary Avila. Join us no matter what your ability...you are guaranteed a great time!

10:00 am

Bethlehem Woods (main entrance)

1571 W. Ogden Avenue, La Grange Park

Registration is appreciated.

To register call Hannah McCarthy at (708) 579-3663.

Fruit smoothies will be served.

Musicals, Marches, & Lunch

Two brass musicians will talk and play music from the classic musicals and marches of the 20th century.

12:00 – 2:00 pm

Westchester Bible Church

10600 Cermak Road, Westchester

Registration is required.

To register, call John Rapinchuk at (708) 562-3040 or (708) 601-9343.

Lunch will be provided.

Celebrating Seniors Talent Show

Do you sing? Dance? Tell Jokes? Share your talents at this one-of-a-kind show featuring a variety of short acts performed by local seniors. Or, sit back, sip lemonade and enjoy the show.

3:00 – 4:00 pm

Plymouth Place Senior Living ♦ Dole Hall

315 N. La Grange Road, La Grange Park

Questions or to RESERVE your performance spot, call Rita Lopienski (708) 482-6805.

Refreshments will be provided.